

Quit smoking – you're not alone

By Kirsten Tacker
Kukini photojournalist

One of the most important things people can do to free themselves of nicotine's addictive powers is quit.

Hickam's Health and Wellness Center's four-session tobacco cessation program helps people quit any form of tobacco addiction. The first thing taking the cessation class shows everyone is that they are not alone.

"Smoking is the number one preventable cause of death and disease in the United States," said Amy Gray, HAWC director. "All you have to do to prevent it, is not smoke or quit and you are going to increase your chances of avoiding diseases greatly."

Most smokers will say they want to quit and know they are addicted, but don't know how to quit.

"With our program we have the most recognizable success rate," said Ms. Gray. "When you have the classes along with medication or nicotine replacement therapy, the patch and the gum, each person is assessed accordingly to their needs."

Some people need a cigarette when they first wake up, for them it is recommended to use the patch over night. Others that are heavily addicted wake up in the middle of the night to smoke. It is highly suggested to delay having a cigarette because each craving only lasts three to five minutes at a time.

"It is about getting past that craving and the gum also gets some nicotine into your system, but more so for the oral fixation," said Ms. Gray. "Smokers are used to having something in their hand and in their mouth. What do I do with my free time with my



Photo by Kirsten Tacker

When smokers quit smoking, their blood pressure drops and the chance of heart attack decreases and in two weeks to three months lung function increases up to 30 percent.

hand or my mouth? How do I get past that wanting something without it being food?"

The tobacco cessation class answers these questions and gives alternative solutions, replacing old behaviors with healthy positive new ones. The class delves into the struggle with physical addiction, habit and emotional stress, because these are the three things that people are combating all at once to quit.

"Self-talk, deep breathing, relaxation techniques and substitution is finding something healthy to replace it with," said

Tech. Sgt. Demetra Turner, HAWC NCO in charge. "Take long walks, read a book or light a candle, find any type of relaxation mode and exercise."

In that moment of emotional stress choose to turn it into positive instead of doing something destructive with negative emotions or stress. This is difficult for everyone to accomplish, not just smokers.

"If you have an addiction you are also thinking about the next time you can smoke," said Ms. Gray. "It is constantly on their mind, part of changing that

behavior is cutting the cigarette out. Changing the behavior relieves that whole concern about cigarette and smoking, it doesn't rule your life if you are able to quit.

"Having an addiction is recognizing it as the cigarettes are controlling you, that you are not controlling it," continued Ms. Gray. Writing things down is a really good way to start. Write down how many cigarettes you smoke, making it a conscious decision and not just always giving into the addiction every time without even thinking about it."

Understanding smoking triggers is the beginning of being able to make changes behaviorally.

"Identify what your smoking triggers are if it's after dinner or after driving in the car, anything that triggers you to want a cigarette," said Major Rena Nicolas, 15th MDOS. "Start developing plans for how you are going to deal with those moments. I think one of the most important things is to set a quit date. Then they can start to identify the triggers and the barriers to their quit plan."

"Smoking is a common behavior in one-third of military personnel," said Ms. Gray. "The statistic that I've always seen is the Air Force is getting better over all, but it is the age group from 18 to 24 that are the highest risk for smoking."

The tobacco industry is an enormous predatory business that targets the military, simply because they can and confiscates a huge portion of the military paycheck.

"It is an average of more than \$100,000 over one person's lifetime, it costs \$1,456 a year for a pack a day smoker," said Ms. Gray. "That is a months pay for an E-1, Airman basic. A lot of smokers are a pack a day."

As those numbers marinate the mind, HAWC's tobacco cessation classes are free for active duty, dependents, retirees and DoD civilians, as well as other military branches.

"We do have three, six and 12 moth follow up, where we give them a call to see if they are smoke free," concluded Sergeant Turner. "Our door is always open, so that they can return if they need more support."

For more information call 448-6180 or need additional support 800-QUIT-NOW, Hawaii's tobacco quit line.

Hickam's Keiki enjoy story time

By Dee Ann Poole
Kukini Correspondent

Ande Hilliard stood at the door and greeted each visitor with a smile and a sticker while the children jostled each other to be the next in line.

This was just the beginning of another story time for Mrs. Hilliard, a base library technician who is responsible for the twice-monthly story time. More than 30 children attended the event.

While it's beyond the scope of her duties, she said it's the most fun. "I love doing it. In library school, I focused on youth services, which taught me how to plan story time," said Mrs. Hilliard, who earned her library degree in December 2005.

The 45-minute event includes songs, book readings, finger play and crafts. "These activities help the children be better readers and improve their social skills," she said.

Mrs. Hilliard, began working in the library in May 2005 and took over story time in August 2005. "It's important, especially for children who don't go to preschool because it helps

them interact with other children," she said.

Corina Gestring began participating in story time when she lived in Japan. At the time, she took her 2-year-old son. "Now that he's six, he carries books everywhere and has a huge head start on life," said Mrs. Gestring.

Mrs. Gestring now takes her 3-year-old daughter, Nina, to story time on Hickam. "Ande's awesome," she said. "The activities, finger plays and felt boards keep the children entertained."

While busy coloring a helicopter craft that highlighted the theme "Things That Go," Nina said she likes story time. "I like to hear Miss Ande read to me," she said.

Melissa Kuhn, mother of 2-year-old Aidan, said she visits the library weekly but this was her first visit to story time.

"We saw in the base paper that the subject was 'Things That Go.' Aidan's into cars, planes and trains. He seems to like the activities," Mrs. Kuhn said. "He likes the library. When we drive by, he says, 'library books.'"

The program is a way for the library staff to reach out



Photo by Dee Ann Poole

More than 30 children attended the bi-monthly story time at the Hickam Library. The theme for the April 26 session was "Things that go." During the forty-five minute period,

to base families. "It's important for preschool children that we have reading time for them and it's nice how Ande has it set up," said Phyllis Frenzel, Library Director. "It's important that the library staff is reaching out to base families. We're starting

children on their library journey at an early age," she added.

Capt. Molly Chester from 15th Services Squadron, was a guest reader at the April 26 event. She said she volunteered because she "loves children and enjoys seeing them

understand the story and the book."

"It's fun for me to see them having fun. And, I get to spend time with children - just for the day, though," said Captain Chester, who has no children of her own.

Captain Chester agrees that story time is important

for a child's development.

"It gives them an opportunity to interact with adults and gives them an example, especially someone in uniform. I encourage others to do this," she said.

Story time begins at 9:30 a.m. the second and fourth Wednesday of each month.

AT THE MOVIES

Memorial Theater 448-2297 • CLOSED Monday and Tuesday

Friday 7 p.m.



Stay Alive — After the mysterious brutal death of an old friend, a group of teenagers find themselves in possession of "Stay Alive," a next generation horror survival videogame based on the true story of a 17th-century noblewoman known as "The Blood Countess." The gamers don't know anything about the game other than the fact that they're not supposed to have it--and they're dying to play it. Starring Jon Foster and Samaire Armstrong. Rated PG-13 (horror violence, disturbing images, language, sexual/drug content).

Saturday and Thursday 7 p.m.



Larry The Cable Guy— Larry is a big city health inspector who is happy with his usual beat of greasy spoon diners and low-rent ethnic restaurants. But his easygoing life is turned upside-down when he's saddled with a straight-arrow rookie partner and assigned the biggest case of his career: investigating an outbreak of mysterious food poisonings at the city's swankiest restaurants. Infuriating restaurateurs with his bad.Starring Joe Pantoliano and Joanna Cassidy. Rated PG-13 (crude/sexual content, language).

Sunday and Wednesday 7 p.m.



Inside Man — Tough cop, Detective Frazier matches wits with clever bank robber Dalton as a dangerous cat-and-mouse game unfolds. Unexpectedly, Madaline, a power broker with a hidden agenda, emerges to inject even more instability into an already volatile situation. Starring Denzel Washington and Jodie Foster. Rated R (language, violence).

Crossword Puzzle: Celebrating API Month

By Capt. Tony Wickman
71st Flying Training Wing
Public Affairs

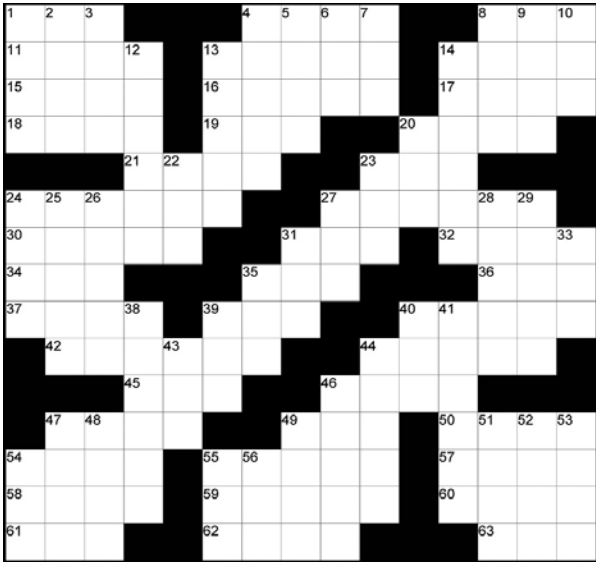
ACROSS

- 1. Weep
- 4. Opera highlight
- 8. Boxing result
- 11. Korean MLB player Hee-Seop ____
- 13. First Asian-American ambassador Julia Chang ____
- 14. 2005 Theron movie ____ Flux
- 15. In a short time
- 16. Asian-American senator Daniel K. ____
- 17. Avenue
- 18. Dorothy’s pet
- 19. Workout spot
- 20. Nevada town
- 21. Castoff
- 23. Rio de ____
- 24. Sock pattern
- 27. Indian-born astronaut Kalpana ____
- 30. Starchy obtained from dried orchid roots
- 31. River barrier
- 32. One’s consciousness
- 34. Alias identifier
- 35. Colonel Young Oak __; first Korean-American to command combat unit
- 36. By way of
- 37. South American country
- 39. Taiwanese-American chemist Yuan T. ____; 1986 Nobel Prize winner
- 40. Bidding
- 42. Calcareous tooth part
- 44. Concise
- 45. Actor Akroyd

- 46. Region
- 47. Before long
- 49. Japanese sash
- 50. Chinese-American fashion designer Wang
- 54. Large
- 55. Caesar was one
- 57. Roberts movie ____ Brockovich
- 58. Towel marker
- 59. Rudy’s team; Fightin’ ____
- 60. Fireplace residue
- 61. Wilbur Carl __; first Chinese-American officer in USMC
- 62. Model Ostrosky
- 63. Sault __ Marie

DOWN

- 1. Go away!
- 2. Japanese-American gold medal speed skater Apolo Anton ____
- 3. Italy shape
- 4. Synthetic resin
- 5. Drift
- 6. Yuck
- 7. Triumphant expression
- 8. Furniture wood
- 9. Gold medal weightlifter Tommy ____
- 10. Singular
- 12. Japanese-American Medal of Honor recipient/senator Daniel K. __
- 13. Glazed, ring-shaped roll
- 14. Permits
- 20. Baseball stat
- 22. VCR setting



- 23. Resistance unit
- 24. Quickly
- 25. Searched thoroughly
- 26. Stare fixedly and angrily
- 27. Curved wheel mounted on a rotating shaft
- 28. Jeans maker
- 29. Girl in Wonderland
- 31. Expire
- 33. Crouching Tiger, Hidden Dragon Chinese actor Chow Yun-____
- 35. Japanese-American Emmy-winning broadcast journalist Kashi-wahara
- 38. Disconnects
- 39. Vietnam Memorial designer Maya __
- 40. Shoe size
- 41. Gold medal Filipina American diver Victoria Manalo ____
- 43. The Joy Luck Club Chinese-American author Amy ____
- 44. Vietnamese-American astronaut Dr. Eugene ____
- 46. Humiliate
- 47. Middle East canal
- 48. Shrek is one
- 49. Forget
- 51. Love god
- 52. Turbulent disturbance
- 53. Wager
- 54. Cabinet post, in short
- 55. Mock
- 56. NW state

Team Hickam History – The Air Force’s most historic airfield

May 9, 1918 – Major Harold M. Clark made the first inter-island flight in the Hawaiian Islands, from Fort Kamehameha, Oahu, to the island of Maui.

May 10, 1926 – While attending the Air Corps Tactical School at Langley Field, Virginia, Horace Hickam narrowly escaped death. During a flight formation, he collided in mid-air with Major Harold E. Geiger, a fellow student, and had to parachute to safety. This resulted in his initiation into the famed "Caterpillar Club," a fraternal order with membership

based on surviving an emergency parachute jump. By coincidence, Major Geiger was the same aviator who tried to establish the first military aviation school on Oahu, at Fort Kamehameha, in 1913.

May 9, 1932 – The first blind solo flight, relying solely on instruments, was made by Capt. A. F. Hegenberger (Capt. Hegenberger had previously made the first non-stop Mainland-to-Hawaii flight with Lt. Maitland in 1927).

May 9, 1952 – From this date until December 3, the

65th Troop Carrier Squadron, Medium (later the 65th Airlift Squadron) conducted aerial transportation and evacuation operations in Korea. The squadron was stationed at Ashiya Air Base, Japan, at the time. For these operations, the 65th earned the WWII campaign streamers for Korea Summer-Fall, 1952 and Third Korean Winter.

May 1977 – Beginning May 1977 and lasting until April 1980, the DOD conducted Project Lagoon, the Enewetak Atoll cleanup operation. Plans called for

\$20,000,000 to be spent over a two-year period to remove radioactive waste and soil and burying it on the island of Runit. This DOD project was an extensive effort involving a Joint Task Force staff headed by the defense Nuclear Agency. The 6015th Support Squadron (Provisional) was the Air Force operating element and consisted of two officers (the commander and a doctor) and 70 enlisted men – all of whom reported to the 15 ABW Commander. Enlisted personnel served a TDY tour of 179 days and lived under primitive conditions.

May 6, 2003 – Hickam officially opened the “Aloha Conference Center” on Vickers Street near the wing headquarters building. The Aloha Conference was an award-winning remodeling of the old base “Aloha Theater” movie theater

May 9, 2003 – From April 7 to May 9 the 15th Airlift Wing participated in the annual Air Force Assistance Fund campaign. Throughout the campaign, members from Team Hickam donated a total of \$77,888.00 – exceeding the original goal of \$68,028.

**Give
US
your
feed-
back**

Team Hickam
members can
submit
letters to the
editor to

Tell us what you think or
would like to see in Kukini

hickam.kukini@hickam.af.mil



1st Lt. Diana Gregory, KHQ SPTG
Kenney Warfighting Headquarters (P)

KHQ Support Group rocks because: The people are awesome. We all have our own job to accomplish but we still work together and have fun.

My job affects all of Hickam in that: It helps people get ready for deployments/TDY's and as a result, it prevents "total" chaos.

When not at work, I spend my off duty time: Enjoying life by going to church, spending time with family/friends, working out, reading, playing soccer and soft-ball, etc.

Something people don't know about the KHQ SPTG: About half of the members are born and raised on this beautiful island, Oahu and we have the Aloha spirit.

If I could change one thing about Hickam, it would be: To have the ferry from Ewa Beach go to Hickam and not only Pearl Harbor.

What the supervisor has to say: As a member of the Hawaii National Guard and part of our "Total Force" Team Lt. Gregory led the stand-up of the mobility



section for Kenney Headquarters. Her "can do" attitude has made a lasting impression on the organization.

*Col. Steve Black
KHQ SPTG, commander*

Hickam visits Hickam



Robert Hickam, great nephew of Col. Horace Hickam, whom Hickam Air Force Base was named for, visits the 15th Airlift Wing Headquarters with his family. The Hickam's reside in Idaho Rapids, Colo., and were on vacation in Hawaii. It was their first time visiting Hickam and Hawaii. Mr. Hickam showed never before seen family photos of Colonel Hickam to members of the 15th AW staff.

Photo by Master Sgt. Daniel Nathaniel

SOLUTIONS, From B2

S	O	B			A	R	I	A		T	K	O								
C	H	O	I		B	L	O	C	H		A	E	O	N						
A	N	O	N		A	K	A	K	A		L	A	N	E						
T	O	T	O		G	Y	M			E	L	K	O							
					U	S	E	D		O	R	O								
A	R	G	Y	L	L			C	H	A	W	L	A							
S	A	L	E	P				D	A	M		S	E	L	F					
A	K	A					K	I	M			V	I	A						
P	E	R	U		L	E	E			E	D	I	C	T						
					D	E	N	T	I	N		T	E	R	S	E				
					D	A	N			A	R	E	A							
					S	O	O	N			O	B	I		V	E	R	A		
					H	U	G	E			R	O	M	A	N		E	R	I	N
					H	E	R	S			I	R	I	S	H		S	O	O	T
					S	Z	E				B	E	T	H			S	T	E	

CHAPEL				
<i>Editor's note: For more information on Base Chapel services or for prayer requests call the Chapel Center at 449-1754 or Nelles Chapel at 449-6562.</i>				
PROTESTANT Nelles Chapel Sunday Contemporary Service 8:30 a.m. Sunday Gospel Worship 11:15 a.m. Sunday Praise Gathering 5:30 p.m. Chapel Center Sunday Traditional 8:30 a.m.	JEWISH Aloha Jewish Chapel, Pearl Harbor 473-0050 Jewish Lay Leader Mr. David Bender 527-5877 Naval Station Chapel 473-3971	CATHOLIC Nelles Chapel Weekday Mass 11:30 a.m. Saturday Confessions 4:15 p.m. Saturday Mass 5 p.m. Chapel Center Sunday Mass 10 a.m.	ISLAMIC Friday Congregational Service (1935 Aleo Place, Punahou) 1 p.m. Muslim Association of Hawaii 947-6263	BUDDHIST Honpa Hongwanji Hawaii Betsuin A Shin Buddhist Temple 536-7044 ORTHODOX For more information, call 438-6687



Air Force Academy senior Beau Tresemer is one of 68 wrestlers named to the National Wrestling Coaches Association's 2005-06 All-Academic Team. Courtesy photo

Cadet named to All-Academic team

U.S. AIR FORCE ACADEMY, Colo. (AFPN) – Air Force Academy senior Beau Tresemer of Norman, Okla., was one of 68 wrestlers named to the National Wrestling Coaches Association's 2005-06 All-Academic Team.

A 2006 NCAA qualifier at 165 pounds, Tresemer has compiled a 3.210 cumulative grade point average while majoring in legal studies at the academy.

Tresemer, the team co-captain, finished the year with an 18-12 overall record after missing nearly two months of action due to injury. After finishing third at the 2006

West Regional, Tresemer earned an at-large bid to the NCAA championships. He placed eighth at the Las Vegas Invitational in November.

For his career, Tresemer compiled an 82-42 record, including a team-best 32 wins in 2005.

In addition to Tresemer’s selection to the individual All-Academic Team, the rest of the Falcon squad was honored as having one of the top-30 team GPAs. Air Force tied with Rider University in New Jersey for 18th place on the list with a combined GPA of 2.925.

SPORTS SHORTS

Personal trainers available

People can hire a certified fitness professional who works one-on-one them to help them achieve and exceed their fitness goal. Trainers are certified through nationally recognized organizations. In addition, trainers can advise on nutrition information to enhance the fitness program. For more information, call 448-2214.

May Fitness Month events plan ahead

The “Fit Body, Fit Mind, Fit to Fight” Incentive program.

Use a fitness center punch card for 10 activities during the month of May and receive a prize. Pick up a punch card at the front desk.

Fitness 101 open house

- Fitness Center Lanai Monday from 11 a.m. to 2 p.m.
- Running shoe information courtesy of Runner’s HI, Aiea
 - Gait analysis: Learn more about your running gait.
 - Sports nutrition table courtesy of the HAWC.
 - Controversy with supplements: Correcting misinformation courtesy of the HAWC.
 - Free blood pressure analysis.

- Free body fat testing.
- Stress reduction and on-site mini massages brought to you by the HAWC and the Hickam Fitness Center.
- How to use your home fitness equipment. Demonstrations with balls, bands, and more by certified fitness trainers.

Players needed

The 15th Mission Support Squadron is looking for players for the upcoming volleyball season. The season is scheduled to start mid May. The base gym will host a coaches meeting Wednesday. Interested players can contact LaQuanta Person at 449-2219.

Pepsi Major League Baseball pitch , hit, run

This event for youth is Sunday from 1 to 4 p.m. at Vandenberg Fields across from Burger King. Youth ages 7 to 14 years old can attend. The cost is \$5 per child.

This is a regional competition, finalists advance to state competition at Maui in June. National finals will be held in Pittsburgh, Pa. at the 2006 Major League Baseball All-Star Game. Applications are available at the community center or youth Sports Office. For more information at 448-4492.